

Respondents were given the chance of completing the questionnaire of the language of their choice.

The questionnaire was pre-tested before it was administered to schools.

The questionnaire completion time was atmost 45 minutes.

DATA COLLECTION PROCEDURES

Survey procedures were designed to protect the privacy of the students by allowing for anonymous and voluntary participation. The self-administered questionnaire was administered in the classroom. Students recorded their responses directly on an answer sheet that could be scanned by a computer.

The fieldwork was done from 23rd August to 31st August 200. The fieldwork was conducted and coordinated by Consumers Association of Malawi staff and other auxiliary staff; 18 in each district.

The training workshops of survey coordinators and administrators were done (four weeks prior to data collection) where field researchers were instructed on the standard procedures to assure comparability on data collection.

RESULTS

A total of 3 704 students were sampled from the two districts; 1 536 from Blantyre and 2 168 from Lilongwe.

Out of 1 536 that were sampled in Blantyre, 1 308 students participated in the survey, giving the student response rate of 85.2%. The school and the overall response rates for the district were 92.35 and 78.6% respectively.

In Lilongwe, 1 820 students completed the questionnaires. The school response rate in the region was perfect-100%, the student response rate and the overall response rate were the same-83.95%.

Table 1: BACKGROUND CHARACTERISTICS OF RESPONDENTS

Characteristic		BLANTYRE n (%)	LILONGWE n (%)
Total		1 308	1 820
Sex	Male	574 (48.7)	869 (50.2)
	Female	610 (51.3)	856 (49.8)
Class	Standard 7	196 (51.3)	876 (53.4)
	Standard 8	857 (43.3)	620 (42.1)
	Form 1	133 (5.4)	221 (4.5)
Age	< 11	75 (10.3)	153 (8.6)
	12	146 (20.7)	296 (17.9)
	13	233 (20.9)	395 (23.6)
	14	308 (23.0)	414 (23.6)
	15	242 (14.4)	274 (15.6)
	16	151 (8.8)	153 (7.9)
	17 +	36 (1.8)	54 (2.8)

Table 2: PREVALENCE

		Ever Smoked Cigarettes	Current Use			First smoked cigarettes before age of 10	Likely to Initiate smoking 5 years from now
			Cigarettes	Any form of tobacco	Other tobacco products		
		%	%	%	%	%	%
B L A N T Y R E	Sex: Male	22.3	4.1	17.9	15.1	49.9	0.1
	Female	7.8	1.6	15.3	14.1	53.8	0.6
	Class: Std 7	13.4	2.9	17.9	15.8	53.4	0.6
	Std 8	15.4	2.7	14.3	12.2	47.5	0.1
	Form 1	24.9	6.0	19.7	16.8	46.4	0.0
	Age: <12	10.2	2.1	17.2	16.3	71.8	0.0
	13	12.4	2.4	21.0	19.2	64.7	1.5
	14	17.3	1.2	12.2	11.3	48.3	0.0
	15	15.3	4.3	17.8	13.7	28.4	0.0
	16+	26.4	6.9	12.9	6.7	47.1	0.7
L I L O N G W E	Sex: Male	28.6	9.1	21.1	15.1	42.8	0.7
	Female	10.1	2.8	14.7	13.4	51.4	0.3
	Class: Std 7	13.9	3.5	14.8	12.5	48.3	0.3
	Std 8	25.2	9.4	20.9	15.7	43.3	0.6
	Form 1	25.3	8.8	23.9	19.7	39.5	0.0
	Age: <12	15.9	4.6	15.9	13.4	63.3	0.6
	13	17.4	2.9	14.3	12.2	49.4	1.0
	14	21.4	8.8	17.4	11.3	44.4	0.3
	15	17.2	6.7	19.9	16.3	35.2	0.0
	16+	31.7	8.9	26.5	20.8	27.9	0.0

As the table 2 above shows, the proportion of students who had ever smoked cigarettes was higher for Lilongwe (19.35%) than for Blantyre (15.05%).

Male students were more likely to have ever tried cigarette smoking, 22.3% (95% CI [9.2,35.4]) than their female counterparts, 7.8% (95% CI [5.1,10.5]) for Blantyre and 28.6% (95% CI [6.0, 14.2]) for males and females respectively for Lilongwe.

The differences in the prevalence between male and female students were significant in Lilongwe.

Current cigarette smokers were 9.1% for boys and 2.8% for girls and 4.1% for boys and 1.6% for girls, for Lilongwe and Blantyre respectively.

The differences in current cigarette smokers between boys and girls was statistically significant for Lilongwe only at the 95% Confidence Interval.

The percentages of boys and girls that had used any form of and other tobacco products, about 17% and 15% respectively were almost the same for both districts.

In Blantyre, higher proportion for students who had used other tobacco products was amongst the younger students who were aged not more than 12 years. In Lilongwe the percentage was higher for students who were at least 16 years old.

The percentages of students who first smoked cigarettes before the age of 10 were 47% and 51.5% for Lilongwe and Blantyre respectively. Standard 7 students were more likely to have tried smoking before the age of 10 than standard 8 and form 1 students.

In both regions, a negligible proportion of never smokers said are likely to start smoking 5 years from the year of the survey.

Table 3: ACCESS

		Usually smoke at home	Usually Smoke at school	Usually smoke at a friend's place	Usually smoke at social events	Bought their own cigarettes in a store	Bought cigarettes and were not refused because of age
		%	%	%	%	%	%
B L A N T Y R E	Sex: Male	2.6	0.0	20.0	42.2	33.3	68.7
	Female	7.5	12.7	19.8	47.0	34.8	52.3
	Class: Std 7	0.0	0.0	4.7	56.8	19.2	78.4
	Std 8	9.8	0.1	37.7	34.2	44.8	43.4
	Form 1	28.7	32.9	15.3	23.2	41.0	31.7
	Age: <12	0.0	0.0	0.0	93.2	0.0	51.6
	13	18.9	0.0	42.6	15.3	9.6	60.3
	14	17.4	0.0	42.7	22.3	65.0	48.2
	15	0.0	0.0	11.1	0.0	0.0	86.2
	16+	8.9	0.0	1.1	80.2	83.1	73.4
L I L O N G W E	Sex: Male	25.8	0.0	27.0	22.2	22.6	58.4
	Female	27.4	0.0	30.1	33.1	25.7	20.2
	Class: Std 7	25.2	0.0	21.9	17.6	15.8	53.4
	Std 8	27.2	0.0	30.0	27.9	25.6	43.0
	Form 1	24.9	0.0	14.9	32.4	12.2	45.7
	Age: <12	23.9	5.9	21.4	24.9	46.2	48.0
	13	21.6	0.0	34.0	18.3	20.2	70.2
	14	44.4	0.0	15.3	22.4	14.1	31.6
	15	9.5	0.0	40.0	28.4	24.1	80.6
	16+	11.4	0.0	41.8	21.1	18.6	35.3

Most students, as the table above indicates, smoked at social events and at a friend's place than at their own homes or at school.

Nearly 1 in every 3 and 1 in every 4 of current smokers get their cigarettes from a store in Blantyre and Lilongwe respectively.

In both districts, about half of the current smokers said they bought their own cigarettes and were not refused because of age.

Table 4: CESSATION AND ADDICTION

		Desire to stop	Tried to stop	Able to stop if wish so	Need/have a cigarette 1st thing in the morning	Ever received help to stop smoking
		%	%	%	%	%
B L A N T Y R E	Sex: Male	87.6	55.6	97.0	3.2	27.5
	Female	100.0	100.0	100.0	0.0	28.0
	Class: Std 7	100.0	50.0	100	0.0	22.9
	Std 8	89.1	61.4	93.9	0.0	23.5
	Form 1	85.2	100.0	62.7	16.9	31.9
	Age: <12	100.0	87.0	100.0	0.0	20.8
	13	100.0	83.4	53.5	0.0	36.0
	14	100.0	100.0	100.0	0.0	19.1
	15	93.6	14.5	100.0	0.0	38.6
	16+	72.1	70.0	92.7	5.3	20.3
L I L O N G W E	Sex: Male	78.3	89.7	93.2	17.8	15.1
	Female	87.8	97.2	78.6	13.9	16.7
	Class: Std 7	81.8	91.7	94.4	7.0	8.1
	Std 8	80.1	91.5	87.3	16.7	20.0
	Form 1	70.9	89.0	100.0	33.0	30.2
	Age: <12	100.0	88.4	90.2	30.2	8.5
	13	73.1	78.3	100.0	0.0	17.4
	14	37.8	100.0	90.0	30.3	6.6
	15	81.7	100.0	100.0	0.0	30.3
	16+	100.0	84.5	80.8	5.6	22.1

Of the current smokers in Blantyre, 9 in every 10 (about 94%) wanted to stop smoking now and almost 8 in every 10 (78%) had ever tried to stop in the past year.

In Lilongwe, the proportions were almost 83% and 93.5% for those who wanted to quit smoking and those who attempted to do so respectively.

About a third and a fifth of current smokers in Blantyre and Lilongwe respectively said they received help to stop smoking.

Basing on the need for a cigarette early in the morning as the indicator of addiction, youth in Lilongwe can be said to be more addicted to tobacco compared to their fellows in Blantyre; about 15.5% and 1.6% of current smokers reported that they have/need a cigarette as the first thing in the morning in Lilongwe and Blantyre respectively.

Table 5: KNOWLEDGE AND ATTITUDES

		CS: tobacco is harmful	NS: Once someone starts smoking, difficult to stop	CS: Safe to smoke for 1year or 2 years	NS: Boys who smoke have more friends	NS: Girls who smoke have more friends	CS: Smoking help people feel more comfortable in social gathering
		%	%	%	%	%	%
B L A N T Y R E	Sex: Male	79.0	22.6	23.6	56.3	19.2	31.0
	Female	83.1	29.8	58.3	49.5	23.9	35.7
	Class: Std 7	77.5	21.3	40.3	42.2	25.9	45.5
	Std 8	86.4	33.2	20.1	46.4	17.8	38.4
	Form 1	72.0	33.1	32.9	37.9	13.5	37.5
	Age: <12	73.3	26.5	48.1	43.3	23.9	36.2
	13	80.1	26.9	12.8	42.3	23.6	36.6
	14	85.7	22.2	17.0	41.8	16.5	43.4
	15	86.9	26.3	14.5	46.9	23.4	56.5
	16+	86.2	32.4	16.8	46.1	16.9	33.4
L I L O N G W E	Sex: Male	46.2	30.0	9.6	43.3	16.0	31.4
	Female	50.6	33.1	13.9	53.0	22.6	58.9
	Class: Std 7	45.3	30.4	14.5	48.7	20.2	29.9
	Std 8	52.7	33.0	8.0	49.7	19.6	41.6
	Form 1	43.2	26.4	16.5	50.2	21.3	42.7
	Age: <12	44.9	29.5	21.9	49.4	21.2	36.7
	13	54.9	34.1	9.8	47.4	21.2	22.4
	14	47.7	35.7	7.9	50.6	15.3	39.5
	15	45.9	27.3	11.7	49.5	25.0	52.1
	16+	47.6	31.1	6.6	43.4	13.2	25.5

On average, almost 8 in every 10 of current smokers in Blantyre definitely thought that smoking was harmful, while in Lilongwe less than half thought likewise.

Nearly 1 in every 3 of never smokers in both districts said it is difficult to stop once someone starts smoking.

About 4 in every 10 students (current smokers) reported that smoking make them feel more comfortable in social gatherings.

Table 6: MEDIA AND ADVERTISING

		Saw anti-smoking messages	Saw a lot anti-smoking messages at sporting & other events	Discussed the effects of smoking in a school class	Saw ads for cigarettes on billboards	Saw ads for cigarettes in n/papers & magazines	Saw brand names when watching sports events or other TV programs
		%	%	%	%	%	%
B L A N T Y R E	Sex: Male	67.1	54.6	60.7	45.9	47.3	32.6
	Female	73.1	61.0	61.4	36.4	42.2	34.0
	Class: Std 7	66.8	57.8	57.7	41.2	49.9	36.7
	Std 8	74.2	58.3	65.4	38.8	39.2	29.4
	Form 1	70.5	58.4	55.2	51.4	35.5	31.5
	Age: <12	64.6	59.5	53.7	44.5	42.8	32.0
	13	67.4	51.2	57.9	36.0	47.5	33.1
	14	75.2	58.8	68.4	44.8	48.7	39.6
	15	78.3	62.1	64.4	41.7	43.0	30.9
	16+	71.3	52.9	71.0	35.9	37.1	28.0
L I L O N G W E	Sex: Male	72.1	56.5	70.3	39.3	43.7	41.6
	Female	73.6	58.1	65.9	33.2	34.2	34.8
	Class: Std 7	74.7	59.7	66.8	35.9	38.5	37.9
	Std 8	71.4	56.1	70.1	34.4	38.7	38.5
	Form 1	64.2	42.2	57.4	44.0	41.0	35.1
	Age: <12	73.4	54.9	62.8	41.1	40.0	38.3
	13	74.1	58.9	67.3	35.7	37.0	39.5
	14	71.9	55.9	67.5	35.4	41.1	37.7
	15	72.2	56.6	70.8	35.2	42.8	36.8
	16+	72.1	59.1	78.5	31.8	34.1	38.8

Extents of students exposure to both positive and negative information from different media are as shown by the table 6 above.]

Approximately 7 in every 10 students from both Blantyre and Lilongwe had seen anti-smoking media messages.

As the table shows, the school environment offers a good opportunity to deliver anti-smoking messages. About 6 in every 10 students in both districts said they discussed the effects of smoking in a school class. In both districts, the proportion was higher for standard 8 students than for students of other classes.

Students' exposure to anti-smoking messages at sporting and other public events were/is quite high. Over half of the students reported to have seen anti-smoking messages at sports/public events.

Exposure to cigarette advertisements on billboards is also high in both districts. Almost 4 in every 10 students had seen these in Blantyre and about a third (37%) of students said they had seen cigarette advertisements on billboards in Lilongwe.

The proportions for students that had seen advertisements for cigarettes in newspapers and magazines were similar for the two districts.

There were also slight differences between the percentages of students who had seen cigarette brand names at sports events or when watching sports/other television

Programs; 19 out of every 50 students in Blantyre said they saw brand names when watching sports events/other TV programs, in Lilongwe it was 17 out of every 50 students who said so.

Table 7: ENVIRONMENTAL TOBACCO SMOKE (ETS)

		Others smoke in their home	Around others who smoke in other places	NS: Definitely think ETS is harmful to them	NS: Think smoking should be banned from public places	Have most or all friends who smoke	Have one or both parents who smoke
		%	%	%	%	%	%
B L A N T Y R E	Sex: Male	21.8	36.6	81.3	88.9	6.5	13.3
	Female	18.8	28.2	87.6	87.6	4.1	9.4
	Class: Std 7	22.8	27.3	84.6	85.9	6.2	11.2
	Std 8	16.5	35.5	86.1	91.6	4.5	11.1
	Form 1	23.4	40.4	74.4	80.9	2.2	10.2
	Age: <12	17.5	31.9	82.9	87.4	6.0	11.4
	13	16.6	29.2	82.0	92.0	4.5	7.7
	14	18.9	26.8	90.3	86.6	5.4	10.7
	15	21.1	38.0	86.1	91.8	4.2	13.9
	16+	30.4	41.9	86.9	86.4	5.3	14.3
L I L O N G W E	Sex: Male	20.4	44.0	81.2	88.2	5.2	9.6
	Female	13.9	27.3	85.8	85.4	4.7	8.8
	Class: Std 7	14.3	30.4	83.5	84.9	4.4	7.2
	Std 8	20.0	42.4	83.4	88.7	5.2	11.5
	Form 1	27.7	37.4	74.1	81.3	4.8	11.3
	Age: <12	15.6	32.3	81.6	85.5	5.2	7.2
	13	11.9	33.5	83.3	84.3	3.2	8.1
	14	19.8	37.7	86.3	88.7	5.3	9.8
	15	16.5	35.4	81.0	84.7	4.1	6.5
	16+	31.5	49.4	86.3	92.2	5.9	21.3

A number of questions were asked on students' exposure and attitudes to ETS. Nearly one in five students from both districts had someone smoke in their homes, in their presence. This exposure was only for the past seven days, with about 3% having been exposed daily.

In addition, many students had been exposed in other places other than their homes, with approximately a third having been exposed in both districts.

The majority, over 80%, in both districts said smoke from other people was harmful to them. And, so many students were in favor of banning smoking in public places.